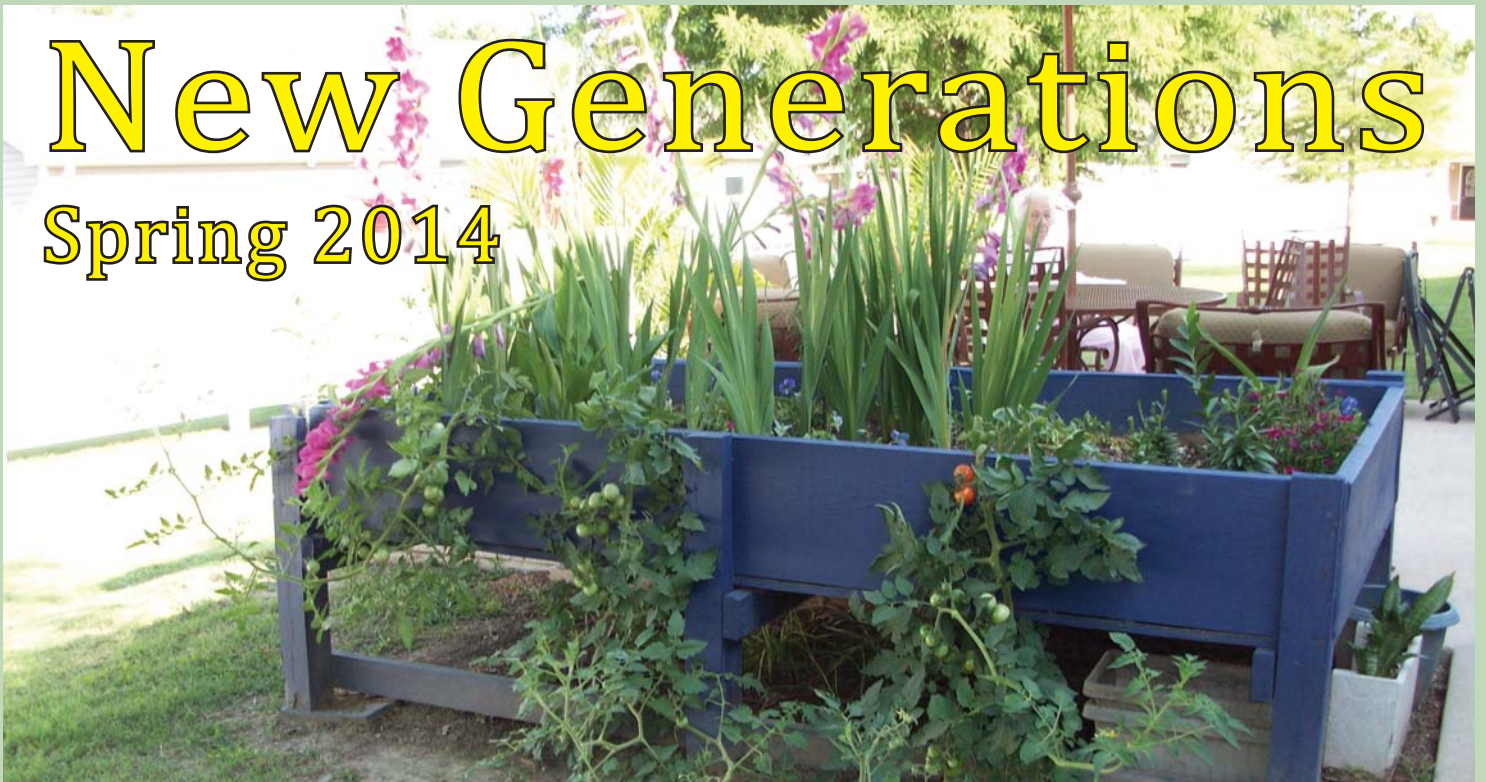


New Generations

Spring 2014



*Providing guidance for long-term living providers
Published quarterly by the Section for Long-Term Care Regulation*

<http://health.mo.gov/seniors/nursinghomes/providerinfo.php>

VOLUME 12, ISSUE 2

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Open Invitation to
all Long-Term Care
Providers:
Special Screening
of the Sundance
Film Festival Award-
Winning Film,
“Alive Inside - A Story
of Music & Memory”

See Page 2

*Cover photo courtesy of River Mist Assisted Living
by Americare, Poplar Bluff, Mo.*

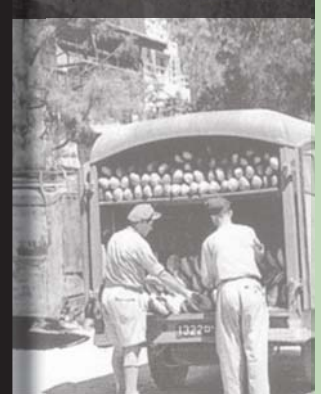
Alive Inside - A Story of Music & Memory



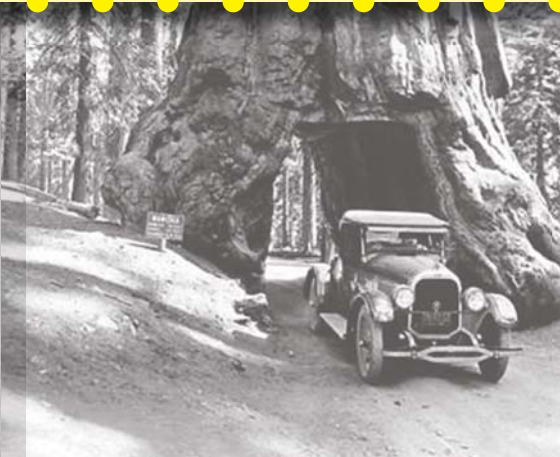
All long-term care providers are invited to attend a free screening of "Alive Inside," a documentary about the power of music to restore some neurological function and quality of life to nursing home residents with Alzheimer's disease and other conditions.

The film follows Dan Cohen, a social worker who stumbled onto the power of loading iPods with the favorite music of nursing home residents and playing it for them when they were essentially unreachable in any other way. The effect of the music often lasts considerably longer than the music itself. Oliver Sacks, the famous neurologist and author, narrates portions of the movie and explains how this is possible.

Dan Cohen founded a 501(c)(3) nonprofit called Music & Memory, with a mission to deliver free personalized iPods to nursing home residents across the country.



Alive Inside *continued from page 2*



Research shows that the well-defined therapeutic use of music can be instrumental in the reduction of antipsychotic medication use for people with Alzheimer's disease. The results are astounding when using the right kind of music to relate to these individuals. This is real- I have witnessed the "coming alive again" many times over the years, working as a music therapist in long-term care.

-Zoe Dearing,
Professional Education
Coordinator, Alzheimer's
Association St. Louis
Chapter

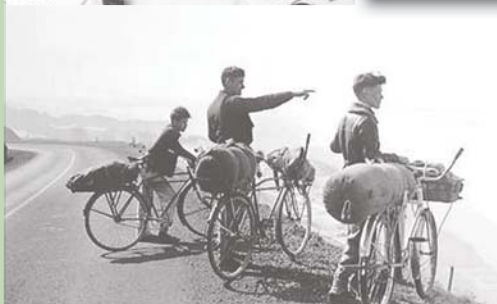
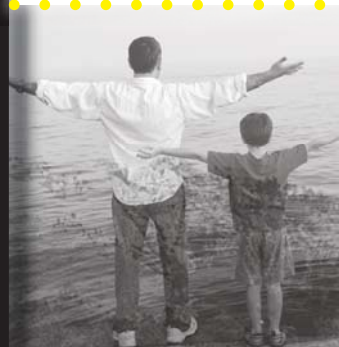
The film creators' dream is to bring music to our elders in nursing homes - music those elders may have left behind - and help them become "alive inside."

New Generations brought you news about "Alive Inside" last summer. Since then, the film has won the 2014 Audience Award at the Sundance Film Festival for best U.S. Documentary. The video clip of Henry, one of the residents reawakened by listening to his Cab Calloway favorites, has now logged more than 8 million views on YouTube.

To learn more and view trailer clips from the film, please visit the website at www.musicandmemory.org.

The Music & Memory program can be much more than a wonderful activity related event.

continued on page 4



Alive Inside *continued from page 3*



- This program can also help us in our endeavors as we strive to reduce antipsychotic medication use for residents with dementia when their use is not indicated or appropriate.

- Dan Cohen has graciously agreed to arrive in person at Missouri's screenings to answer any questions you may have.

- Discover the power of music. Do not miss this truly inspirational and heart-warming film!

Questions? Please contact Erica Lottes at (314) 941-9347, or send an email to elotte@alz.org.

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JUNE 12, 2014

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LAKE OZARK, MO

JUNE 13, 2014

9:30 A.M. - 12:00 P.M.

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This free screening is sponsored by the Alzheimer's Association St. Louis Chapter, the Section for Long-Term Care Regulation, the Missouri Coalition Celebrating Care Continuum Change (MC5), and Primaris.

More information will be included in upcoming issues of the weekly *LTC Information Update* email list.

To join, please visit <http://health.mo.gov/seniors/seniorservices/>, and click on "Subscribe to LTC Information Update."

On the Road... to Culture Change

Visit to Lake Stockton Healthcare



by Sam Plaster, State Culture Change Coordinator



In October 2013, I visited Lake Stockton Healthcare Facility in Stockton. Lake Stockton is a 75-resident skilled nursing home and 37-resident assisted living home. The skilled home includes an 11-resident special care neighborhood for individuals with dementia.

Lake Stockton residents and staff are looking forward to many upcoming changes. Their current building will be replaced with a new state-of-the-art home. Property has been purchased and plans are being finalized. Lake Stockton has also received approval to increase its skilled nursing capacity to 90 residents.

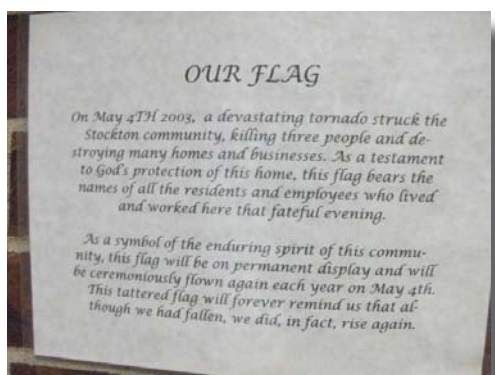


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Lake Stockton



Flag that survived the devastating tornado that hit Stockton on May 4, 2003



Tornado memorial

The first resident I met was Copper, a beautiful brown-and-white Border collie lying near the front door. He barely acknowledged my presence, apparently too focused on relaxing. Copper isn't the only dog at Lake Stockton; Princess (a Chihuahua) also resides here.

Administrator Kevin Costello and Social Services Director Debra Stockton showed me around. We visited the therapy department that serves residents and also provides therapy to former residents who have returned home. We also visited the Angel Room, where hospice residents are served. We walked past a memorial display that includes a U.S. flag that flew outside the home on May 4, 2003, when Stockton was hit by a devastating tornado. Mr. Costello and Ms. Stockton were extremely happy that a large generator had been installed shortly before the tornado. Another interesting display features a quilt of former resident Jewell Schuyler, who lived to be 101. Ms. Schuyler's grandmother crossed Kansas on a covered wagon with the quilt.

Lake Stockton has made many improvements that impact residents' quality of life. To help guide its progress, the home participates in Missouri's culture change coalition, MC5 (Missouri Coalition Celebrating Care Continuum Change).

Administrator Costello has worked there 25 years; Ms. Stockton, 20, and several nurses, more than 15 years. Caregivers are consistently assigned, so they know the residents they serve very well.

Dining hours and choices have been expanded. During breakfast, residents make lunch choices from menus that include two entrée choices and several à la carte items. A kitchenette and refrigerator are available to residents and visitors in the activity room. Snacks are always available at no extra cost.

The home has several volunteer groups. Residents also do volunteer work, such as passing mail, watering flowers, and assisting each other as they leave the dining room. Mr. Costello said the residents are friends and they help one another.

Wi-Fi exists throughout the home and community computers are equipped with Skype so residents can see their loved ones as they visit online. Residents can choose a bath or a shower and when to receive assistance with either. Lake Stockton is also working on becoming alarm-free.

Ms. Stockton took me on an outdoor tour of the property. We visited the special care neighborhood courtyard and the pumpkin patch, where residents and staff grew a 112-pound pumpkin that took second place in a pumpkin growing contest with Lake Stockton's sister homes. I can't imagine what the first place winner looked like.

continued on page 7

Lake Stockton

Ms. Stockton took me to her “favorite place—” a courtyard with a large, amazingly aromatic lilac bush in the springtime. We also visited the Century Fountain, where the names of residents who lived to be 100 are displayed; and the Emily Headley fountain, named for the home’s 25-year former volunteer whose roses still continue to bloom near the fountain.

As we walked past all the flowers that were beginning to fade with the fall weather, Ms. Stockton told me about resident Joe Fox, who spends much of his time tending the plants and flowers.

We stopped by Mr. Fox’s room. He invited me to sit. I learned that he is 84 and was born and raised in Cedar County, the fourth of six boys. Only one of his brothers still lives. Mr. Fox shared some of the hardships his family faced as he was growing up; for instance, two of his brothers contracted polio. Both survived, but one was paralyzed as a result and the other had a crippled arm. Mr. Fox’s father also died in a car accident at a young age.

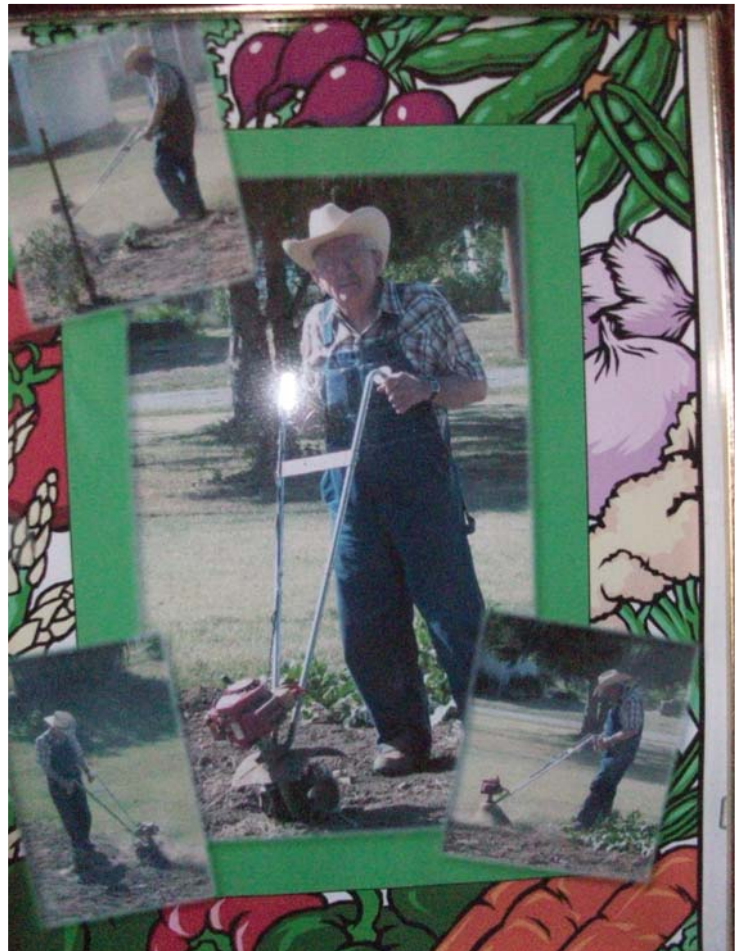
Mr. Fox married and raised three sons, and worked for Benson Manufacturing in Kansas City. He started out making beer barrels, then airplane components. After 27 years, a Nebraska company bought Benson Manufacturing. The new owners wanted him to move to Nebraska, but he chose to move to a small farm in Dade County instead, where he operated a dairy and later raised beef cattle.

Mr. Fox’s mother was a resident at Lake Stockton for 12 years, and one of his brothers lived there for seven. Mr. Fox moved in two years ago for rehab, after three strokes, and decided to stay. He said, “Life is great here.”

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Resident Joe Fox



Lake Stockton

He likes gardening, putting puzzles together, kidding around, keeping others happy, and the food. He enjoys going to the dining room before meals to drink coffee and hot chocolate.

A rubber lizard on his television caught my attention. He told me that he uses it to scare staff members. In addition to being mischievous, he spends a lot of time helping others and “doing things around here.” He especially takes pride in helping new residents. He told me about his former roommate who recently moved to Mt. Vernon Veterans Home. Mr. Fox received a report that his former roommate is doing well, but misses having Mr. Fox as a roommate.

Mr. Fox shared a photo collage a neighbor gave him, full of shots of Mr. Fox gardening. “I used to be quite a gardener,” he says. Based on all the flowers in back of the home, I’d say he still is.

I also saw a photo of Mr. Fox in a duck suit. He was “The Duck Man” during an Optimist Club “Ducks in the Stream” fundraising event.

The home had hanging baskets outside last year. Mr. Fox told the staff that if he cared for the baskets this year, they would last until the first frost. He was right. At the time of my visit, frost reports had already occurred,

and one of the hanging basket plants was still alive. He also gave advice to others who were watering the vines of a pumpkin patch down the hill. He told them to use a soaker hose instead. They listened, but still watered the pumpkins too much, causing some to rot. “Pumpkins don’t take a lot of water,” he said.

Ninety-year-old Assisted Living Resident Juanita Yaw was born and raised in Kansas City, Mo. Her mother died when she was very young, so her grandparents raised her. She is proud that her grandfather fought in the Spanish American War, and she still has his military papers.



Resident Fox's rubber lizard, used to play pranks on staff



Resident Juanita Yaw

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Lake Stockton

Her grandmother worked in a sewing factory. Ms. Yaw recalled seeing trains “washed off their wheels” during flooding in the Kansas City area.

Ms. Yaw married, and she and her husband had two sons and one daughter. The family moved to California after Ms. Yaw’s husband, a General Motors maintenance supervisor, was transferred and lived there 18 years.

Ms. Yaw put craft kits together for photographic displays in Hobby Lobby stores.

When Ms. Yaw’s husband retired, they moved to a small farm in the Stockton area. She had a large hobby room with kilns for firing her china paintings. Her husband got into antiques and stored them in a barn across the driveway from their home. She told him to keep his stuff on the other side of the driveway. “When the man retires, the wife gets double work,” she said.

Ms. Yaw is an accomplished artist. The china dolls, plates and other work she painted are displayed throughout her apartment. I noticed a beautiful painting of an old country home on her wall. Not one of her favorites, Ms. Yaw threw it away after painting it, but her grandchildren retrieved it from the trash. Her husband then had it framed. She said she couldn’t throw it away after that.

Ms. Yaw has lived at Lake Stockton Assisted Living for two years. Her daughter is a resident at the nursing home. Ms. Yaw spends quite a bit of time visiting her daughter and often eats in the nursing home dining room. She enjoys visits from Copper, who comes to her apartment to hide when he thinks he is going to get a bath. He also stops by frequently for a bite to eat. Ms. Yaw enjoys attending church services and the hobby craft program. She said, “Life is wonderful because of the activities.”

Certified Nursing Assistant (CNA) Mercy Nail Espino was born and raised on a plantation in Manila, Philippines. Her family grew mangos, corn, beans, rice and coconuts, and raised chickens, dogs, geese, carabao (water buffalo), and goats. Her father farms with carabao.

Ms. Espino attended the University of Pampanga Agricultural College, where she obtained a Bachelor of Science in Agriculture. After college, she worked in Singapore.

While there, she learned of a job at the Italian Embassy in Washington, D.C. She got the job and moved to Washington, D.C., in 1992.



Painting by resident Yaw that she threw away, but was salvaged by her family members

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Lake Stockton

There she met her husband, and later they moved to Stockton, his hometown. They have three children, ages 10, eight and six.

Ms. Espino previously worked at a Citizens Memorial Health Care (CMH) home in Bolivar. She transferred to Lake Stockton in 2012 after CMH purchased it, glad to be working closer to home. She loves her job and the residents. The residents' choices are honored and the home is clean, pleasant and organized. Staff members are very nice and help each other. Staff and residents are considered as equals and are treated very well.

Ms. Espino likes to stay busy and assists both skilled and assisted living residents. "I treat them like they are my own family." The residents love that she shows them how much she cares. "They are really nice and treat me well." The residents stay busy with many activities, including bingo, tai chi, singing, church, crafts, and parties.

Aide Miranda Costello grew up in Fair Play, Mo. She has three brothers and one sister. She got married a year-and-a-half ago and she and her husband have a puppy.

She started working at Lake Stockton shortly after high school graduation, in the special care neighborhood. The residents enjoy spending time outdoors, root beer floats, and snack time. Ms. Costello said, "I was taught this is their home." They do what they want. There is no set schedule. One resident likes to sleep until 9:00 a.m. in the morning. They sometimes want to play board games or put together puzzles. Sometimes they just want to watch TV or sleep. Ms. Costello couldn't think of anything that could be improved. She said she loves the residents.



CNA Mercy Nail Espino



Miranda Costello, CNA, CMT

Special Offer from the Missouri Coalition Celebrating Care Continuum Change (MC5)

The Missouri Coalition Celebrating Care Continuum Change (MC5) would love to see every senior care organization in Missouri represented at the annual Pioneer Network Culture Change Conference Aug. 5 to Aug. 7 in Kansas City. Join us on a “Journey to the Heartland”!

MC5 would like to help every community / organization in Missouri. Here's how:

- **If you send one person to the conference, you will receive a \$50.00 gift certificate, good at the Pioneer Network Bookstore and participating vendors.**
- **If you send four or more people, you will receive an additional \$50.00 gift certificate.**
- **If one of the people you send is a direct caregiver, you will receive an additional \$25.00 gift certificate.**

MC5 would love to see everyone come back home from the conference fired up and ready to move forward with new and innovative ideas for their Culture Change journey! For more information, please visit the MC5 website at www.momc5.com.

Certificates are awarded at the time of check-in at the MC5 conference booth.

**Pioneer Network's 14th Annual Culture Change Conference,
“Journey to the Heartland,” will be held Aug. 4 to 7, 2014, at the
Sheraton Kansas City-Crown Center in Kansas City, Mo.
Visit www.pioneernetwork.net.**



Building? Remodeling? Construction Plan Questions and Answers

When are construction plans required?

Plans for all new long-term care homes, additions or remodeling of existing long-term care homes need to be submitted to the Engineering Consultation Unit (ECU) within the Section for Long-Term Care Regulation (SLCR) for review, per **19 CSR 85.012 (2)** and **19 CSR 86.012 (2)**. This is an opportunity for a professional review and is available to all long-term care providers at no charge.



Do construction plans need to be drawn, signed and sealed by a registered architect?

All Skilled Nursing Facility (SNF) and Intermediate Care Facility (ICF) architectural plans must be prepared by a registered architect. All mechanical and electrical plans must be prepared by a registered professional engineer. An Assisted Living Facility (ALF) or a Residential Care Facility (RCF) that is to be licensed for more than nine residents must have its architectural plans prepared by a registered architect. All mechanical and electrical plans must be prepared by a registered professional engineer.

Where are plans submitted?

Submit plans to: Engineering Consultation Unit, Section for Long-Term Care Regulation, 3418 Knipp Dr., Ste. F, Jefferson City, Mo. 65109. If you would like to bring your plans into the ECU office, it is to your advantage to call SLCR at 573-526-8524 and schedule a time to bring them in.

What is the process for new construction or renovations?

The first step is to apply for a Certificate of Need (CON) or request a letter from the CON program indicating that a CON is not required. A CON or non-applicability letter is required for all new facilities, any renovations to existing facilities, and to add, purchase, or replace beds to an existing facility. Prior to applying for a CON or requesting a non-applicability letter, you must have a good idea of your overall project, such as the requirements to meet building standards and estimated project cost. For more information about the CON application process, visit the CON program online at <http://health.mo.gov/information/boards/certificateofneed/>, or contact CON staff at 573-751-6403.

Once you receive CON approval or a non-applicability letter, final construction plans shall be submitted to the ECU to obtain plan approval. After you receive written approval from the ECU, construction may begin. If you are considering any construction modifications to your home, please contact SLCR for guidance.

Can a single-family dwelling (house) be converted into a licensed RCF?

A single-family dwelling can be converted to a licensed RCF. However, substantial remodeling would likely be required in order to comply with new construction regulations. Please refer to 19 CSR Division 30, Chapter 86.

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Construction Plan Questions and Answers



What does it mean that an operator should follow the strictest standards among federal, state, and local guidelines and regulations?

Providers are required to comply with all applicable federal, state, and local laws and regulations. If these standards differ, the provider must comply with the most restrictive standard. Plans for skilled nursing and intermediate care homes may be reviewed to ensure compliance with the federal standards required for participation in Medicare or

Medicaid programs, in addition to state standards. The long-term care provider must work directly with their local jurisdiction to assure compliance with local laws and regulations.

What about exception requests?

The department can only grant exceptions to licensure requirements established in rules imposed by the department. The department cannot grant exceptions to requirements established by state statute or federal regulations. Per **19 CSR 30-82.010 (4)**, “The department may grant exceptions for specified periods of time to any rule imposed by the department if the department has determined that the exception to the rule would not potentially jeopardize the health, safety, or welfare of any residents of a long-term care facility.”

Examples of exception requests:

- If you install a wireless nurse call system that is not in accordance with all the required elements listed in **19 CSR 30-85.012 (124)**, you will need to apply for an exception to that regulation. The regulation applies to both existing and new intermediate care and skilled nursing facilities.
- If you remove a required nurses’ station (work area) that no longer complies with **19 CSR 30-85.012 (47)**, you will need to apply for an exception to that regulation. The exception could also affect regulation **19 CSR 30-85.012 (37)**, regarding location of resident room doors more than 140 ft. from the nurses’ station and the dirty utility room.
- If you convert a required “central” bathroom into a storage room, office, etc., and the new space no longer complies with **19 CSR 30-85.012 (52)**, you will need to apply for an exception to that regulation. The exception could also affect regulations **19 CSR 30-85.012 (54)** and **19 CSR 30-85.032 (21)**, regarding the aggregate number of tubs or showers, and regulation **19 CSR 30-85.012 (51)**, regarding training or handicap toilets per nursing unit.

The home’s operator or owner may request an exception to a long-term care regulation. If you wish to apply for or renew an exception request, the “Instructions for Exceptions Request” form is available online at <http://health.mo.gov/seniors/nursinghomes/providerinfo.php>.

If you are considering a renovation or remodeling project, please contact SLCR first. You may contact us at 573-526-8524 or contact the SLCR policy unit at 573-526-8570.

Resident Spotlight

Mr. Lowell Grove

Monroe City Manor Care Center

Monroe City, Mo.



Resident Spotlight

By Lacy Yutzy, Social Service Designee

Mr. Lowell Grove was born on April 25, 1933.

When Mr. Grove moved to our skilled nursing home, he brought a large weaving loom so he could continue weaving rugs. The loom was too large to fit in his room, so our staff set it up in the group television room. Now everyone can see this creative and talented man work. His ability surprises many because Mr. Grove has some physical limitations.

Mr. Grove has weaved rugs for many years and is very knowledgeable. It seems he can talk anyone through how to set up a loom. Mr. Grove even sells some rugs and has a backlog of orders from community members, other residents, and staff who admire his work.



Do you have a special resident to nominate for the Resident Spotlight? Residents featured may have a special talent, lived an adventurous life, given back to their community or experienced other types of accomplishments. Homes must ensure all privacy policies are followed. To receive a nomination form, please call 573-526-8514.

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Visit: <http://health.mo.gov/seniors/seniorservices/>



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If you have suggestions for future articles, please contact Lisa Veltrop at 573-526-8514 or send an email to Lisa.Veltrop@health.mo.gov.